SCIENTIFIC TEMPERANCE WORK

GREW SCHOOL, HYDE PARK, MASS.

THIRD AND FOURTH YEAR PUPILS

AND

FIRST AND SECOND YEAR METHODS

HYDE PARK
HISTORICAL
SOCIETY.

GIFT OF
Greenleaf

ADDED 1901

1 : 2

Scientific Temperance

and

Hygiene

Grew School.

Hyde Park. Mass.

Local Committee

Mrs. Louise M. Hood. Chas. G. Chick, Esq;
Frank M. Dean. Master.

Assistants:

Mary A. Winslow. Ada F. Whitney.
Margaret A. Hanlon. Fannie E. Harland
Margaret E. Bertram. Agnes J. Campbell
Blanche L. Bright. Nellie M. Hawes
Emma M. George Bessie C. Sparrell
Nellie M. Parsons.

Fourth Year of Study

The Senses.

. The eyes may be injured by looking at the sun or reading by a dull light.

. If you get any thing into your eyes take a handkerchief and a pencil and put the pencil into the handkerchief and rub it around the inside of the eye.

. The outside of the ear is to protect the ear and to catch the sound.

. The nerves in the ear tell the brain about sound.

. The hearing part is in

side of the head.

. You can feel better with the ends of your finger than with the backs of your hands because there are more nerves in the fingers.

. The little nerves in the tongue tell the brain that the sugar is sweet.

. The brain finds out about odors by the nerves in the nose.

. The action of our senses depend upon the brain and nerves.

. Alcohol and tobacco deaden the nerves and the brain

does not find out about the things that are going on about us.

Leon D. Magee.

Fourth Year of Study

The Senses

The eyes may be improved by looking at the sun.

A good thing to do when a speck gets into your eye is to take a sharp pencil with a handkerchief over it, and run it around your eyelid.

The outside of the

ear is to keep dirt
from getting in
to the inside ear.
The hearing part
of the ear is in
side of your head.
The brain knows
about the sounds
because there are
little nerves in
the ear and they
send messages
to the brain.
You can tell
better with the
fingers than
with the ear of

your hand because
their are little
nerves in the tips
of the fingers.
The nerves in
the tongue tell
the brain what
the sugar is sweet.
The brain finds
out about colors
because the colors
go in to the eyes
and the nerves in
the eyes send
them to the brain.
The right action
of the senses.

depends on the
brain and the
nerves.

The alcohol in
this little
nerves and a man
that drinks alcohol
does not realize what
he is doing.

If we drink
alcohol we would
not have any
comfort.

Lizzie Potts,

Fourth Year of Study.

The Senses.

The eyes may be injured by reading with the light directly in front of you or shining over your right shoulder.

When specks get into our eyes we should rub the outside of the eye until it comes out.

The outside of the ear is to catch whatever sound falls upon it.

The hearing part of the ear is on inside of the head.

The brain knows about the sounds because there are little nerves in the ears which carry

the sound to the brain.

You can feel better with the fingers than the back of the hand because the fingers have more little nerves in them than the back of the hand.

The nerves and the tongue tell the brain that sugar is sweet.

Then runs in the nerves carry the odor to the brain.

The right action of all our senses depends on the brain.

We should not use alcohol or tobacco because it makes the brain stupid.

Alcohol and tobacco make you stupid if you use too much.

Alcohol is a poison many
one using too much of it
will become stupid as it dulls
the senses and deadens the nerves
Any one who uses liquor
very much the person will
not be able to stand up and
do not know what he is
doing and sometimes get
killed on it when they don't
know where they are going.

Jennie Bennett.

Fourth Year of Study

The Senses

The eyes may be injured by looking at the sun, or reading in a dull light.

When specks get into your eyes you should blow your nose and shut your eye.

The outside part of the ear is to keep too much of a sound from reaching the drum.

The hearing part of the ear is in side of the head

The brain is in side of the head and when any-one speaks the sound goes

to the brain and the brain tells you what they say.

You can feel better with your fingers than with the back of your hand because there are little nerves in the fingers and you feel with them.

The nerves in the tongue tell the brain that sugar is sweet.

The brain finds out about odors by the little nerves in the tongue.

The senses depend upon the brain and nerves.

If we drink alcohol and use tobacco we will not know what we are doing, and it will spoil our sight, and it will make us stupid.

Our comfort and pleasure will be affected if we drink alcohol and use tobacco, it will deaden the nerves.

Sarah Maley

Fourth Class of Study
Fifth Grade.

Lesson 1. Reading. Write
the sum of forty three.
Draw a straight line
two inches long. Point to
the right hand and the
left hand side of the
room. Point to the
ceiling. Point to the
floor. Point to the
door. Point to the
window. Point to the
table. Point to the
chair. Point to the
desk. Point to the
blackboard. Point to
the wall. Point to the
floor. Point to the
ceiling

Tea contains caffeine which
stimulates the nerves and
makes one sleepless.
Tobacco is the strongest
stimulant that exists it burns
when it is dissolving in
the mouth.
Tobacco first excites and
then destroys the nerves
with the use and the
more the more it
the brain.
Alcohol with make the
taste, smell, sight stupid.
The action all depend
upon the brain and nerves.

If we use alcohol or tobacco it will injure the taste, smell, sight and hearing and it will deaden the nerves.

If we take alcohol or to tobacco it will make us very uncomfortable.

Emma Boettcher.

Fourth Year of Study.

The Senses.

The eye may be injured by having the light come over your right shoulder and by reading when the sun is going down.

The best thing to do when specks get in our eye is to blow our nose and rub the eye with a handkerchief.

The outside of the ear is to keep the drum from getting hurt.

The hearing part of the ear is inside of the

head back of the outside ear.

The brain knows about sound by the nerves in the ear that carry it to the brain.

We can feel better with the tip end of our fingers because we have more little nerves in the fingers that tell the brain.

The nerves in the tongue tell the brain that sugar is sweet.

The nerves in our nose tell the brain about odors.

All actions depend on our brain and nerves.

Alcohol and tobacco
makes the senses stupid.
If we injure our brain
with alcoholic drinks or
tobacco it will make our
senses dull and deaden our
nerves so they will not
carry right messages.
Hedvig Stockbridge.

Fourth Year of Study

The Senses

We can injure our eyes by looking at the sun or looking at a bright light.

When anything gets into our eyes we should take a clean rag and rub it towards your nose.

The outside of the ear is to catch the sound it is made of gristle

The hearing part of the ear is in the head

The nerves in the

ear tell the brain of sound.

Because there are more nerves in the finger than on the back of the hand.

We know that sugar is sweet because there are nerves in our tongue and they send the message to the brain

The nerves in the nose go and tell the brain of the odors

The right action of all the nerves depend on the brain and nerves

Alcohol and tobacco stupify the brain and

nerves, it also hurts our sight, our taste, and deadens the nerves.

If we do not drink we will be healthy and well, and if we do drink we will be sick.

Willie Aborn

Fourth Year of Study

The Senses

We may injure the eyes by reading at the window when the sun has gone down.

The best thing to do when you get a speck in your eye is to put a handkerchief on a sharp lead pencil and rub it around the inside of the eyelid.

The out side of the ear is to protect the inside ear.

The hearing part is

of the ear to the rest of the heart.

We can feel better with the finger than with the back of the hand because of the nerves in them.

The nerves carry the sound to the brain.

When sugar is put in your mouth the nerves in the tongue tell the brain that sugar is sweet.

The nerves in the nose tell the brain what we smell.

The right action depends on the knowledge.

Alcohol and tobacco hurt the eye sight, hurt the hearing, and you can not feel as well, smell as well, or taste as well.

Our comfort and pleasure will be affected if we take alcohol, as it deadens the nerves and makes the eyes look red, it will deaden the nerves in the tongue so we will not know how anything tastes, it

will make us deaf,
it makes the hands shake
so we will not be
able to do as good work,
and we will not be
able to see as well.

Ralph Doan

Fourth Year of Study

The Senses

The eyes may be injured at the sun or by look cross eye.

The best thing to do when specks get into our eyes is to take our handkerchief roll it tight, rub it round the eye another way is to rub the eye towards the nose.

The outside part of the ear is to catch the sound.

The hearing part is in the skull.

The little nerves in the ear send message to the brain.

You can feel better with your fingrs because there are more nerves in them.

The nerves in the toungue send message to the brain and the brain tells us that sugar is sweet.

The little nerves in the nose send message to the brain and the brain send message to us and tells us whether suger is sweet.

The senses depend on the brain.

Tobacco affects the brain so it will not work well.

Tobacco will effect our comfort and pleasure because we can not work well.

Lena Drechsler

Fourth Year of Study

The Senses

The eyes may be injured by reading to near the light, having the sun shine on your book, or having the light come over the right shoulder.

Pull the eyelid down over your eye and blow your nose, when you get anything in your eye

The out-side is to kep dust from going into your ear

The hearing parts

inside of the head

The word sticks the drum and the nerves in the drum send the message to the brain.

We can feel better with the end of our fingers, because the nerves are in the end of our fingers

The nerves in the tongue know whether the sugar is sweet

The nerves in the nose send a message to the brain and tell it what the odor is

The action depends upon the brain and the nerves

Alcohol and tobacco makes the eye sight week and we can not see very well, or we can not hear very well, we can not smell very well.

We will not have much comfort or pleasure if we deaden the nerves with alcohol.

Eliza Johnson

Fourth Year of Study

The Senses

The eyes may be
compared to windows
and it would not be
good eyes to look at the
dust and mud lying
down

If a speck got into
your eye the best way to
get it out is to take a
handkerchief and [illegible]
[illegible] and [illegible]
as [illegible]

The human part of
the ear is the side of
the head.

The brain knows about sound because the nerves go from the ear to the brain and tell the brain what the ear heard it

We feel with our fingers because the nerves with in them all over the fingers and not so many in the back of the hand

The ear sees the ear it to catch the sound

The little nerves in the tongue tell the brain if sugar is sweet or not

The brain finds out the odors because the nerves

air the more will it

All the action depends
on our brain and nerves.

Alcohol and tobacco
make the brain and
strong muscles and will
make the eye see and you
can't see as well

If any one drinks
alcohol and smokes tobacco
it will make them lazy
and stupid and he can
not sleep as well

yet it would not

Fourth Year of Study.

The Senses.

The senses are touch, taste, smell, sight, and hearing.

You may injure the eyes in many ways, by reading when the light is in front of you, and reading when the sun is going down, and reading when lying down makes the eyes weak also.

When a speck gets into your eyes you should take a soft handkerchief and take it out as soon you can so it will not get into the sight

of the eye.

The outside part of the ear is to catch the sound and take it to the ear inside of the head, you should not be struck on the out side of the ear because it may hurt the hearing for life.

The hearing part is inside of the head you would not want to pull the ear because it hurts the sound very much.

The brain knows about the sound because the little nerves takes the message to the brain.

Why you can fall better

with the fingers than with the back of your hand is because the fingers are full of little nerves, when you prick your self with any thing the little nerves carry the message to the brain and the brain tells you to take it out.

When the sugar is dissolving the little nerves in the mouth the carry the message to the brain and the brain tells you if it is sweet or sour.

The brain finds out about odors by the little nerves in

the nerve which carry the message to the brain.

The right action of the nerves depends on the brain and the nerves.

Alcoholic drinks and tobacco weaken the nerves, dull the brain, injure the sight and injure the hearing.

Our comfort and pleasure will be affected if we injure our senses with alcoholic drinks or tobacco, it will injure our eyes and make them very weak.

Marie B. McCarty

Fourth Year of Study.

The Senses.

You will injure your eyes by reading in a dim light.

If you get a speck in your eye you can't see out of it, so you must take hold of the eye winker pull it down and blow your nose.

The out side of the ear is for the sound to stick on.

The hearing part of the ear is in the head.

The brain knows about odors because the nerves in the nose tell the brain.

Alcohol deadens the nerves and spoils the eye sight and spoils the hearing and you can't see as well as if you had not taken the alcohol and tobacco.

Alcohol and tobacco will spoil your pleasure and comfort and it will make the blood impure it will make the teeth decay it will

make you think wrong
and it will make you
do wrong things.

Curtis Brigham.

Fourth Year of Study.

The Senses.

We prove the eyes while lying down, reading while the sun is going down or when the lamp is put out.

When we get anything into the eye it is good to rub the eye with the hand.

The outside ear is to catch the sound.

The hearing part of the ear is inside the head back of the outside

ear.

There are little nerves inside of the ear that carry the sound to the brain.

We can feel better with the ends of our fingers than with the back of the hand. That is because there are so many nerves in the fingers.

The little nerves in the end of the tongue tell the brain that sugar is sweet when it is put on the mouth. The brain finds out

about odors by the
little nerves that carry
it to the brain from
the nose, so to tell us
what the odors are.
All our actions depend
upon the brain & nerves.
A person that drinks
alcohol it makes them
weak and then they
can't think as well or
see as well.
It is because they deaden
their nerves with alcohol
and tobacco.
If we drink anything
that has alcohol in it

we will feel uncom-
fortable and lose all
our pleasure.

Lydia Wood

Fourth Year of Study

The Senses

The eyes should be taken care of, never should not read during a dim light. Look at a bright light, go not by them, even if you are conversing for in as it ruins the eyes. Our sleeping room should be made dark so when we open our eyes in the morning they will not strike a bright light the first thing.

When you get an in-
der in your ear you
ld take a handkerchie-
f and roll the corner
up very small and
get it out or rub the
ear towards the nose.

The outside of the
ear is to keep the dust
from getting into the
inside of it and to
catch all sounds.

The hearing part
of the ear is inside of
the head.

Our brain knows
about sounds because

when a word is spoken
it beats upon the
drum and the little
nerves from the drum
take the sound to the
brain and the brain
knows what the words
are.

We can feel better
with our fingers than
we can with the back
of hand because there
are more nerves in the
tips of the fingers than
in the back of the
hand.

When we taste sw-

ears tell that it
is sweet because there
are little nerves covered
with things like skin
all over the tongue
and they tell the brain.

The nerves in the nose
tell the brain when
we smell bad odors.

The right action of
the senses depends upon
the brain and nerves.

Tobacco and alcohol
makes loose our taste,
it weakens our eyes,
makes us hard of hear-
ing, and we lose our

smell.

If we do not use our senses it will make our nerves carry wrong messages and the brain will tell us to do wrong, and we will not know what we are doing half of the time.

Guy Coleman

Theoretical Chemistry.

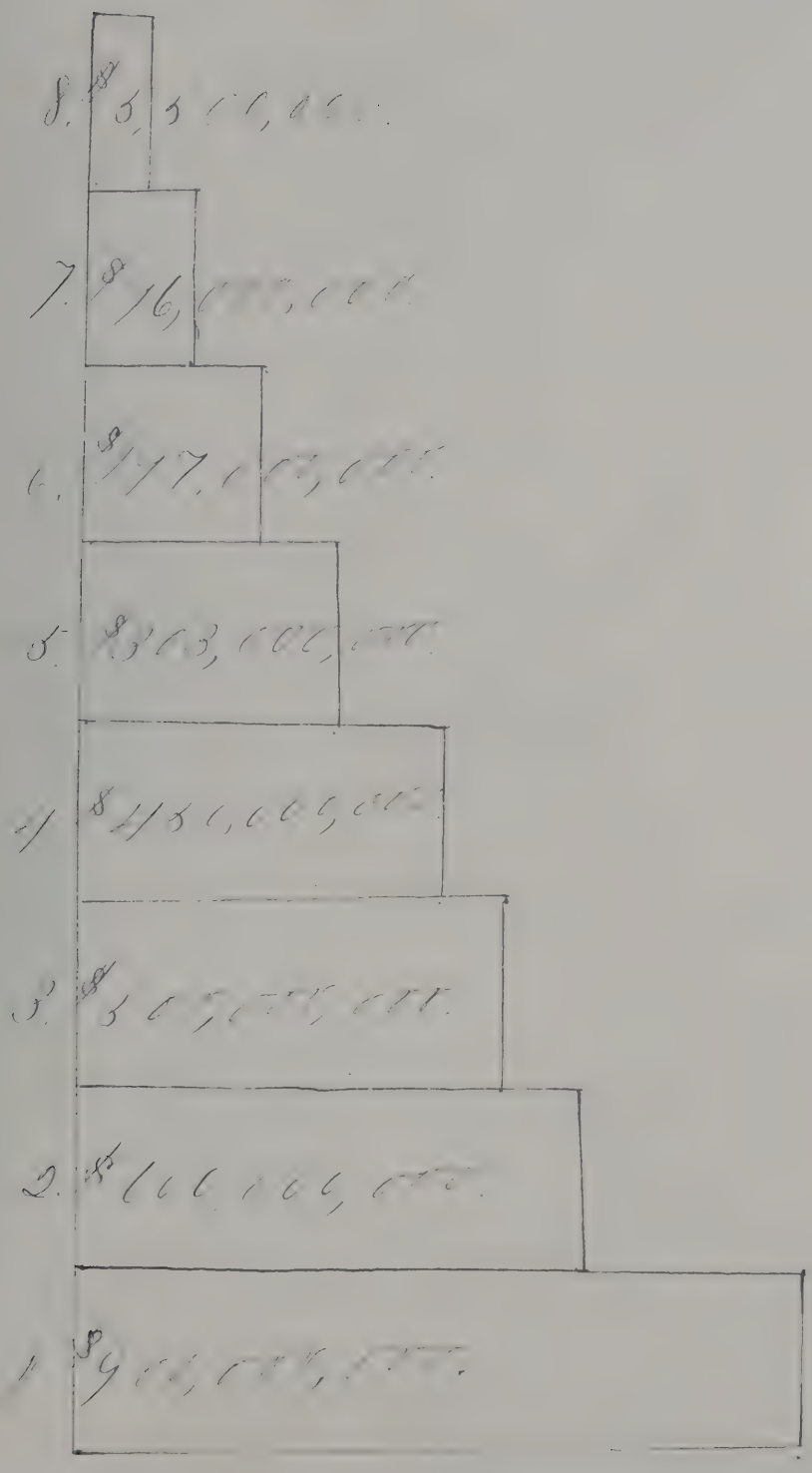
and

Chemical Mechanics Etc.

Chemical Equilibrium

Mechanical Effects

This subject is treated mathematically in the same manner as Statics is treated mechanically.



Explanation of Diagram

This diagram is to show how much money is spent for liquor, tobacco and useful articles

(1) shows the amount of money spent by a (2) for tobacco (3) for bread (4) for clothing and education (5) for meat, (6) for tea and shoes, (7) for public education, (8) for missions

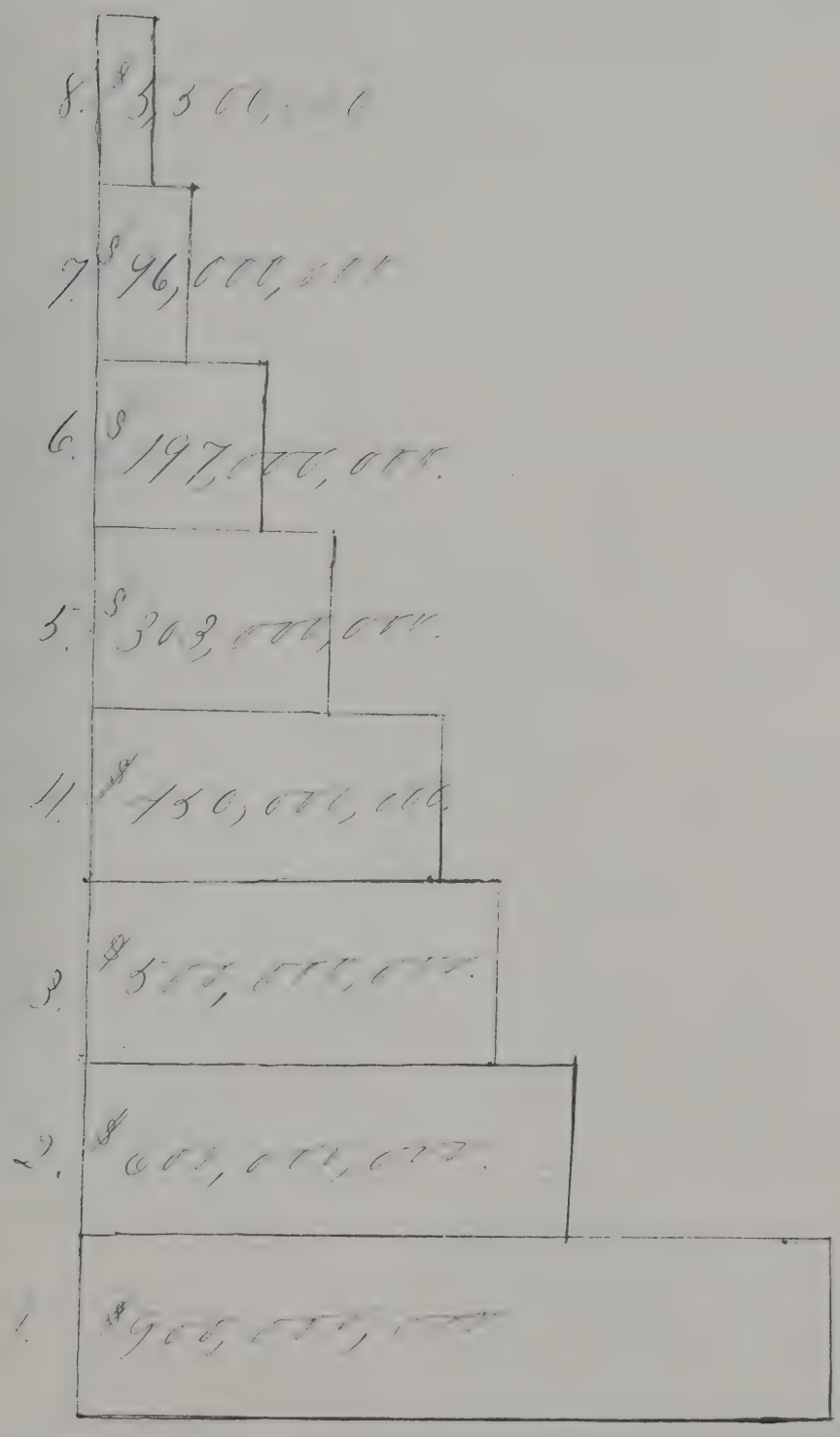
The useful articles are (3), (4), (5), (6), (7), and (8).

(1) and (2) are useless

About fifty-six million dollars was spent for

needful things than for
tobacco and liquor.

The result of this waste
of money is poverty, crime
and disease.


8.
7.
6.
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Explanation of Diagram.

This diagram is to show how much money is spent for liquor, tobacco and needful articles.

(1.) shows the amount of money spent for liquor, (2.) for tobacco, (3.) for bread, (4.) for cotton and woolen goods, (5.) for meat (6.) for boots and shoes (7.) for public education and (8.) for missions.

The needful articles are (3.) (4.) (5.) (6.) (7.) and (8.)

(1.) and (2.) are useless.

About fifty six million

dollars more is spent
for needful things
than for tobacco
and liquor.

The result of this
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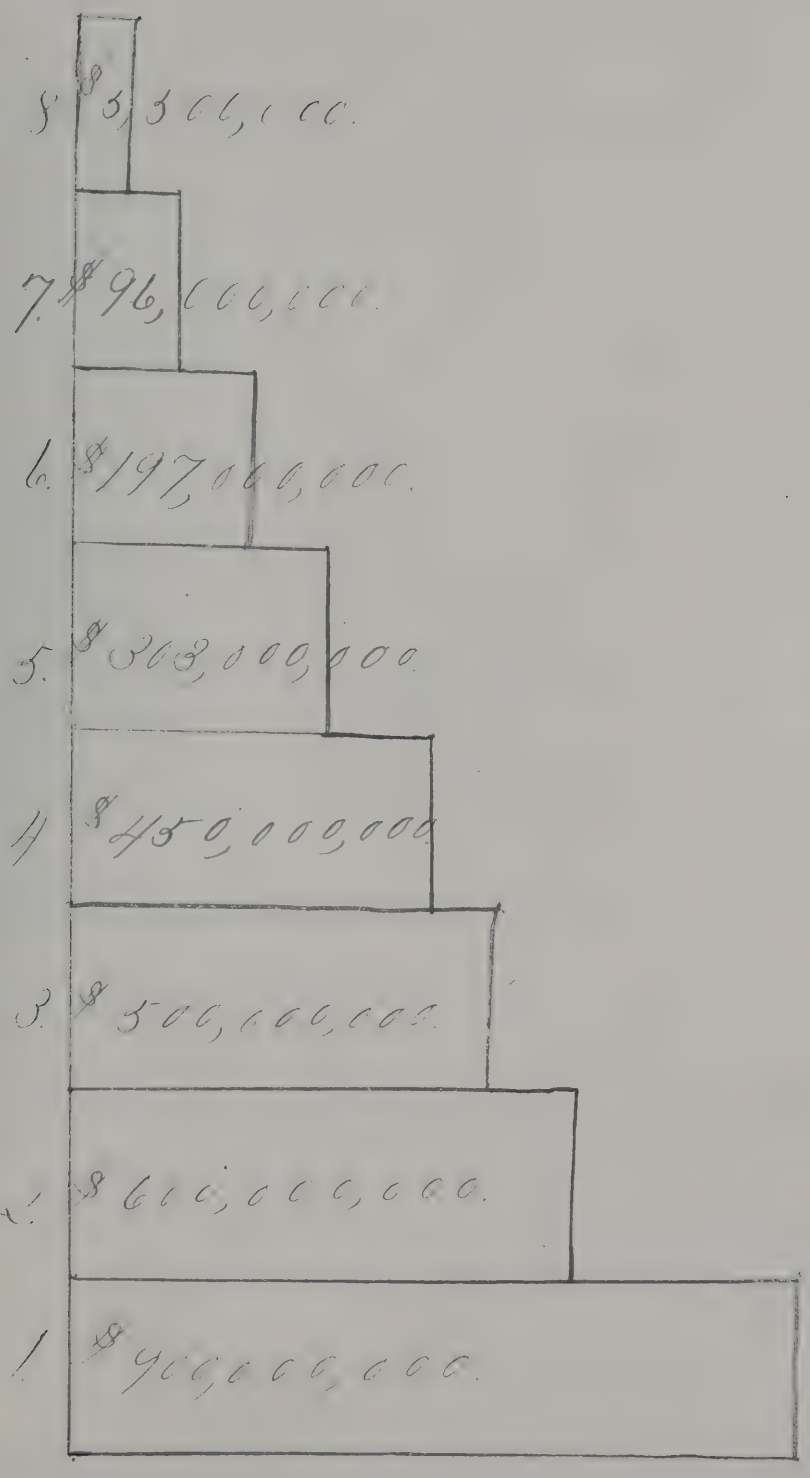
poverty, crime and
disease.


5 $ 3,300,000.
7 $ 96,000,000.
6 $ 197,000,000.
5 $ 303,000,000
4 $ 450,000,000
3 $ 500,000,000
2 $ 600,000,000.
1 $ 900,000,000.

Explanation of Diagram

This diagram is to show how much money is spent for liquor, tobacco and needful articles.

(1) show the amount of money spent for liquor, (2) for tobacco, (3) for bread, (4) for cotton and woolen, good, (5) for meat, (6) for boots and shoes, (7) for public education, and (8) for missions.

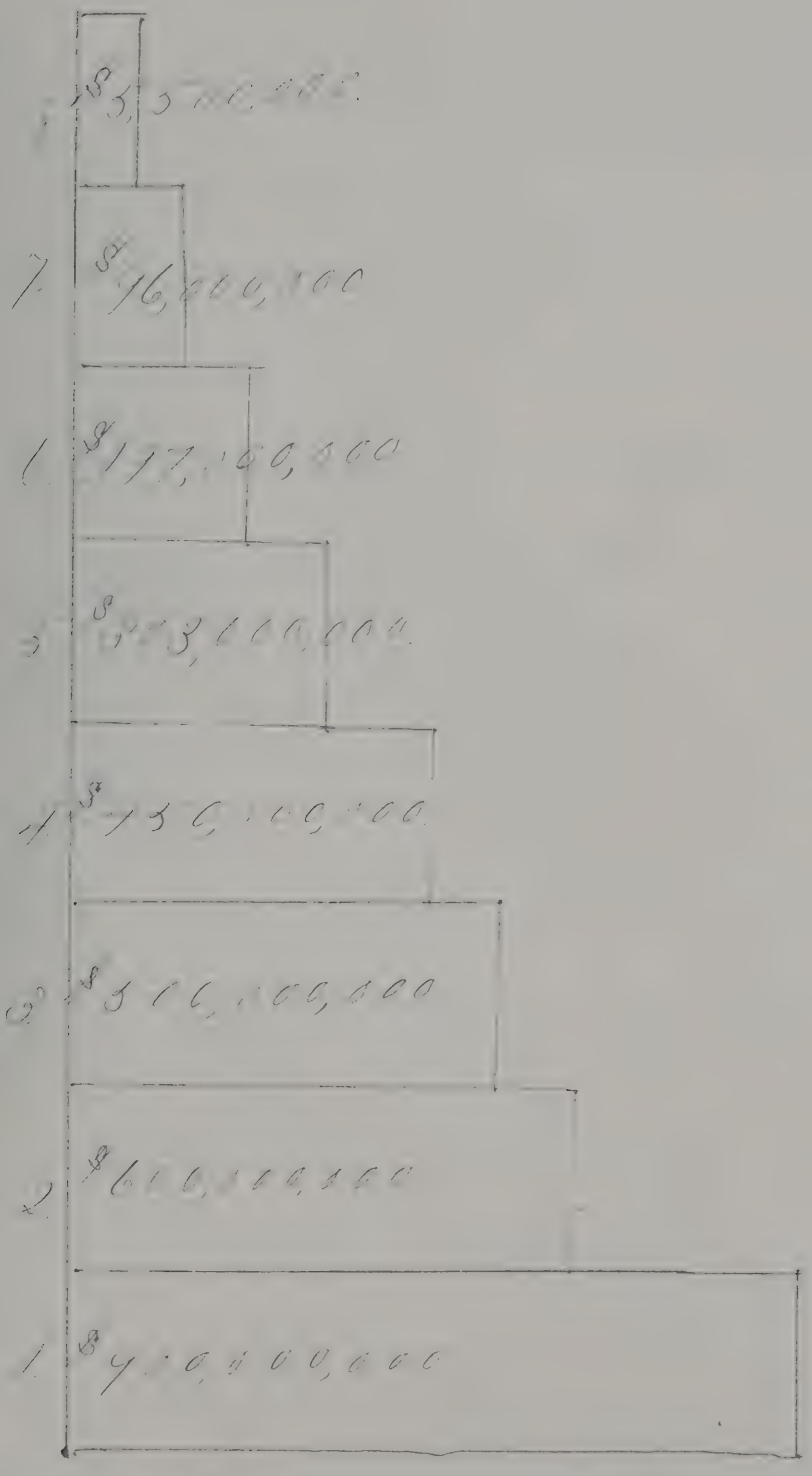
The needful are (3), (4), (5), (6), (7), and (8)

(1) and (2) are useless

About fifty-six million dollars more is spent for

needful things than for tobacco and liquor.

The result of this waste of money is poverty, crime and disease.



Explanation of Digram

The diagram is to show how much money is spent for liquor, tobacco and needful articles.

(1) shows the amount of money spent for liquor, (2) for tobacco, (3) for bread, (4) for cotter and woolen goods, (5) for meat, (6) for boats and shoes, (7) for public education, and (8) for missions.

The needful articles are (3), (4), (5), (6), (7), and (8).

(1), and (2) are useless

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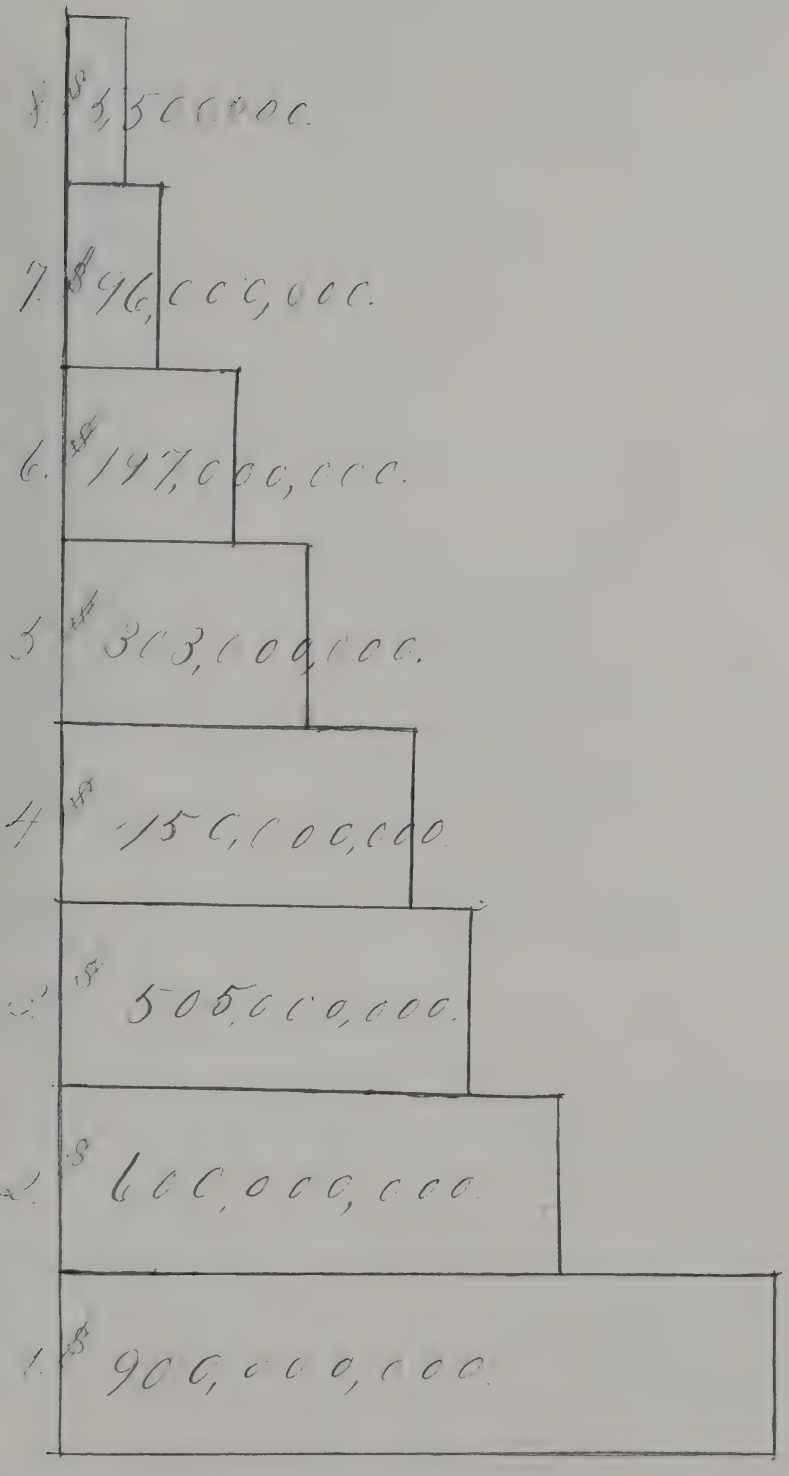

7. $3,500,000.
6. $96,000,000.
5. $147,000,000.
4. $303,000,000.
3. $150,000,000.
2. $505,000,000.
1. $600,000,000
$900,000,000.

Explanation of Diagram.

The diagram is to show how much money is spent for liquor, tobacco and needful articles.

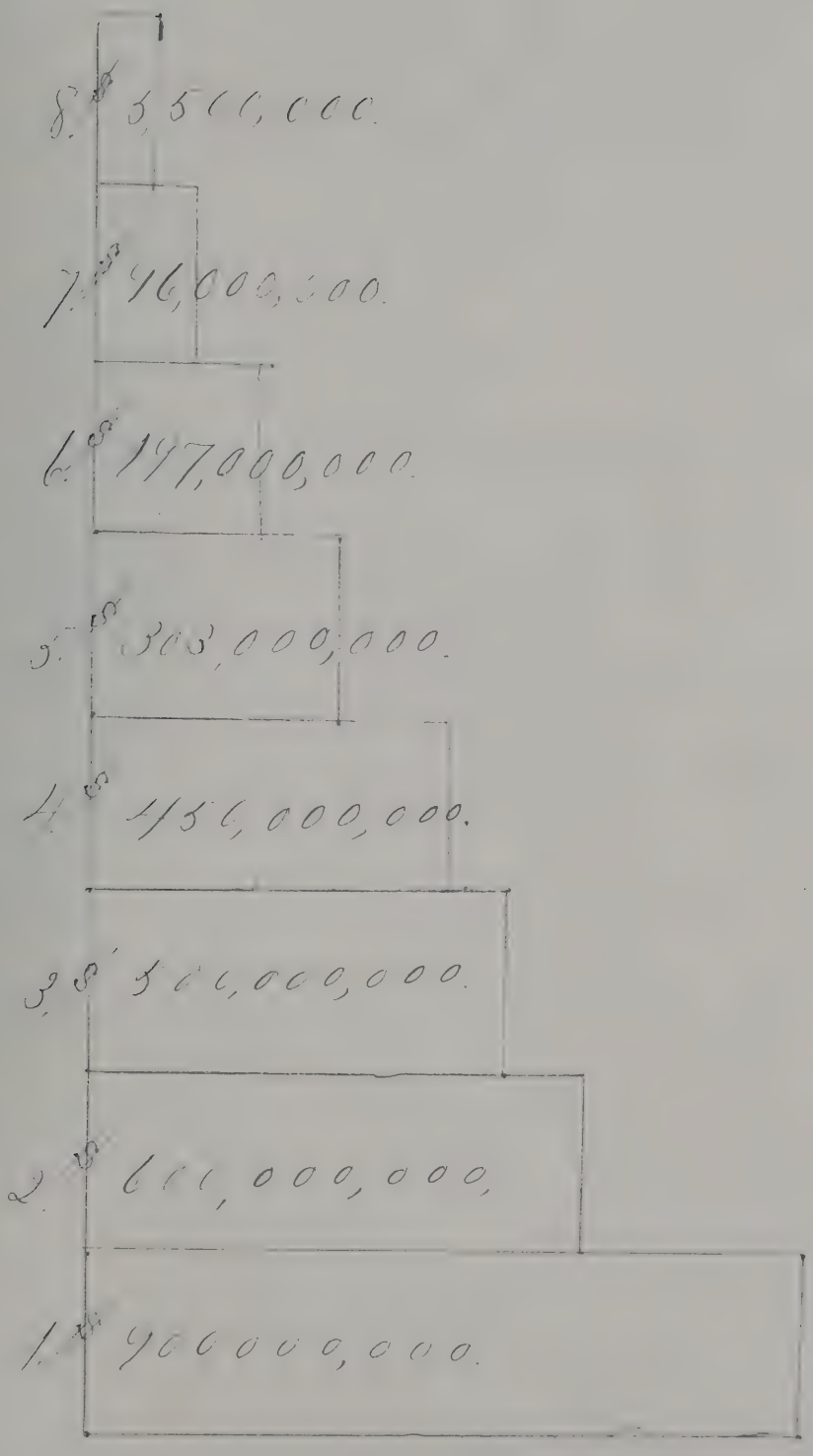
(1) shows the amount of money spent for liquor (2) for tobacco (3) for bread, (4) for cotton and woolen goods, (5) for meat, (6) for boots and shoes, (7) for public educations, (8) for missions.

The needful articles are (3), (4), (5), (6), (7), and (8).

(1) and (2) are useless.

About fifty-six million dollars more is spent for needful things than for tobacco and liquor.

The result of this waste of money is poverty, crime and disease.


8. 3,500,000.
7. 16,000,000.
6. 117,000,000.
5. 303,000,000.
4. 450,000,000.
3. 500,000,000.
2. 600,000,000.
1. 900000,000.

Explanation of Diagram.

This diagram is to show how much money is spent for liquor, tobacco and needful articles.

(1) shows the money spent for liquor, (2) for tobacco, (3) for bread, (4) for cotton and woolen goods, (5) for meat, (6) for boots and shoes, (7) for public education, and (8) for missions.

The needful articles are (3), (4), (5), (6), (7), and (8)

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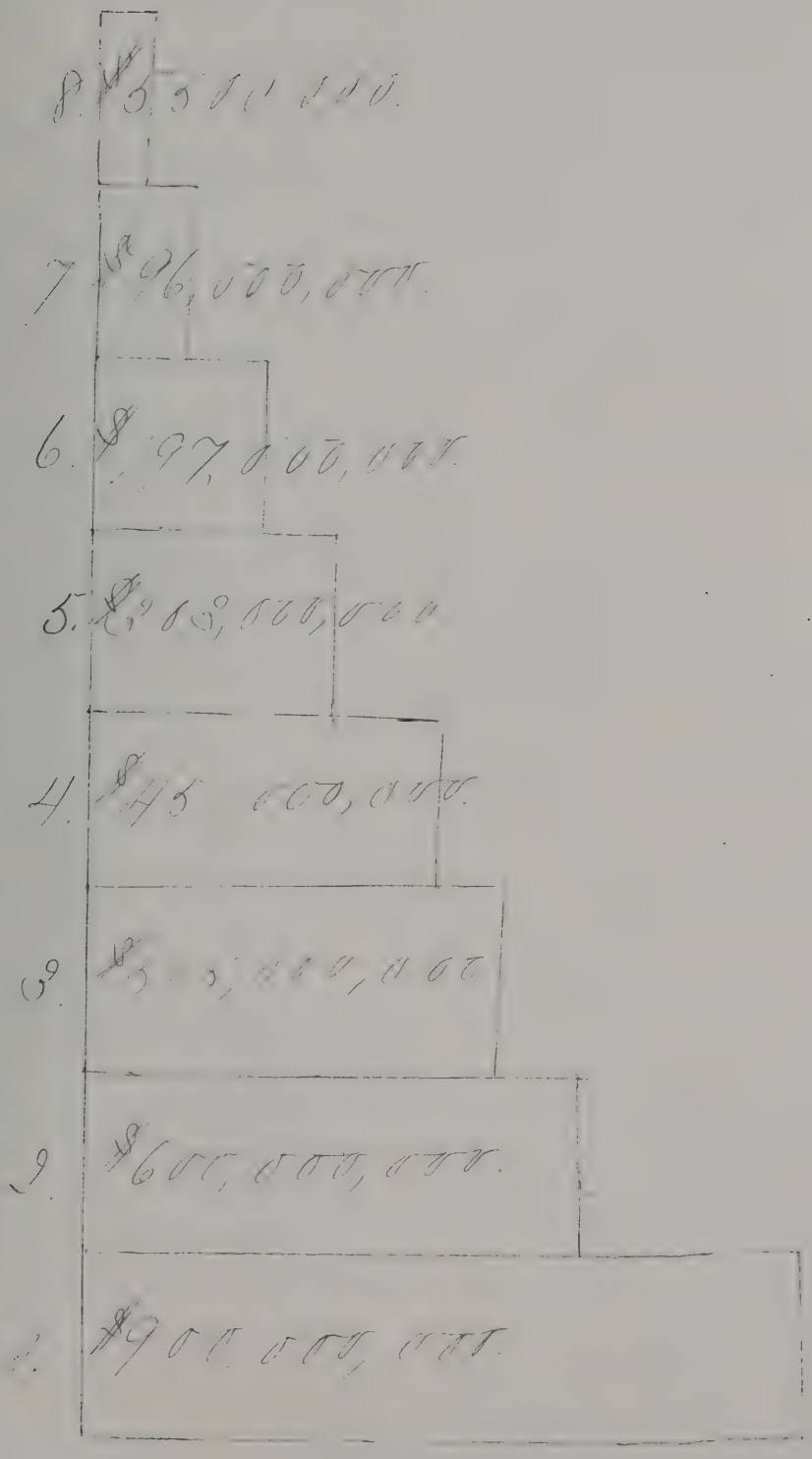
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Explanation of Diagram

This diagram is to show how much money is spent for liquor, tobacco and needful articles.

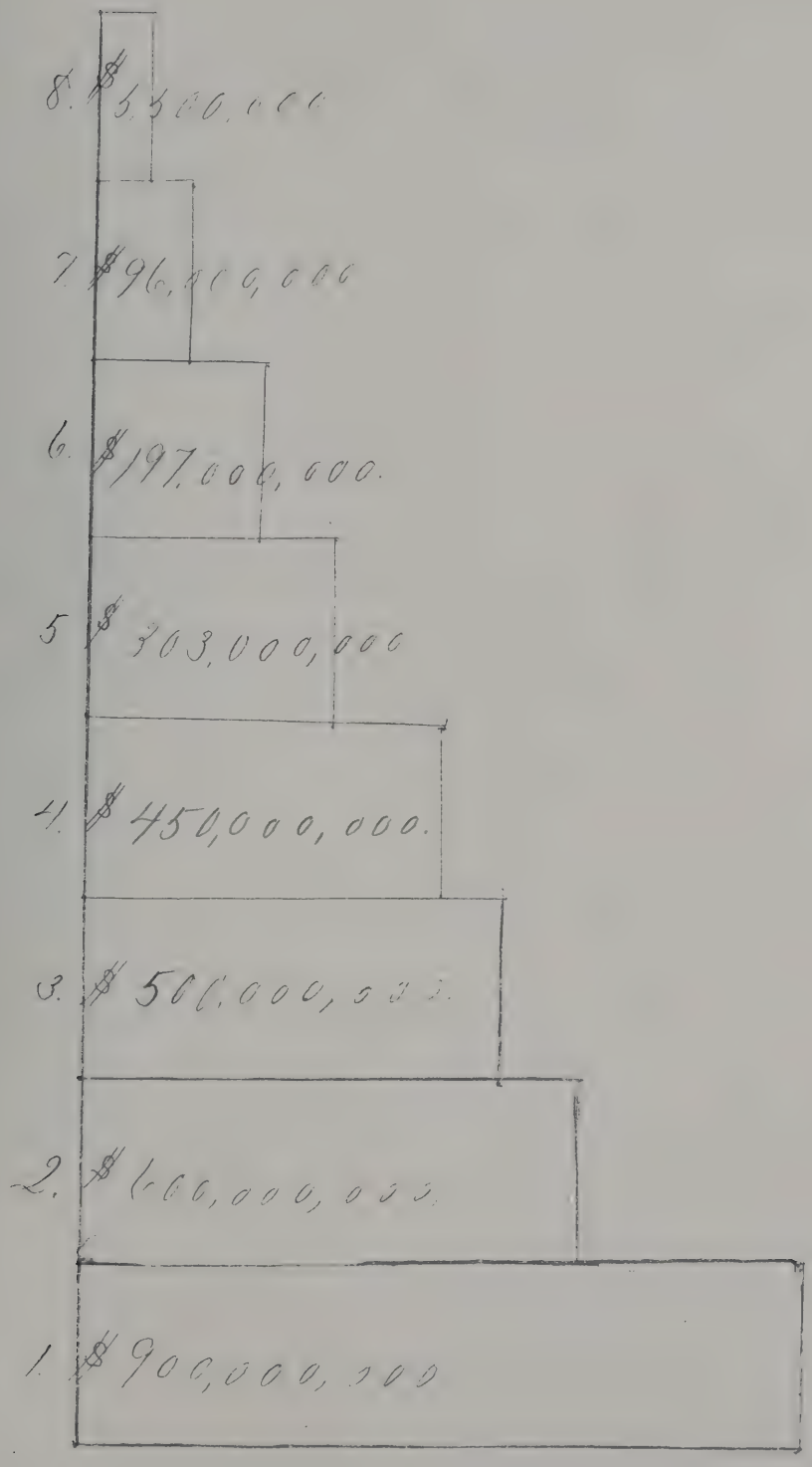
(1) show the amount of money spent for liquor, (2) for tobacco. (3) for bread, (4) for cotton and woolen good, (5) for meat, (6) for boots and shoes, (7) for public education, and (8) for missions.

The needful articles are, (3), (4), (5), (6), (7), (8),

(1) and (2) are useless.

About fifty-one million dollars more is spent for needful things than for liquor and tobacco

The result of this waste of money is poverty, crime and disease.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Explanation of Diagram.

This diagram is to show how much money is spent for liquor tobacco and useful articles

(1) shows the amount of money spent for liquor (2) for tobacco (3) for bread, (4) for cotton and woolen goods, (5) for meat (6) for boots and shoes, (7) for public education and (8) for mission.

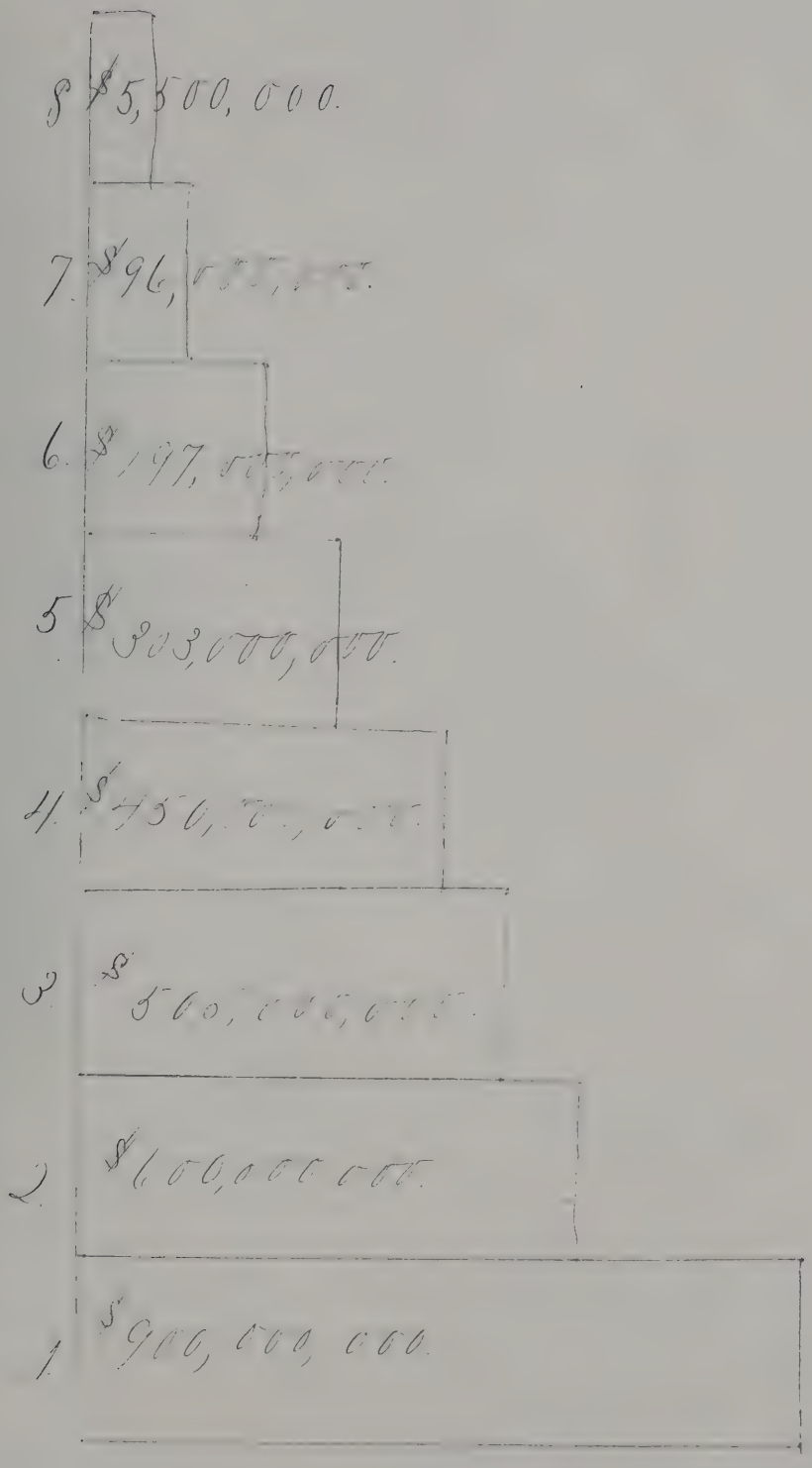
The useful articles are (3) (4) (5) (6) (7) and (8)

(1) and (2) are useless.

About fifty six mil-

lion dollars more is spent for needful things than for tobacco and liquor.

The result of this waste of money is poverty, crime and disease.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7. $96,
6. $,97,
5 $303,000,
4. $750,
3 $500,
2. $600,000,000.
1 $900,000,000.

Explanation of Diagram.

This diagram is to show how much money is spent for liquor, tobacco and needful articles.

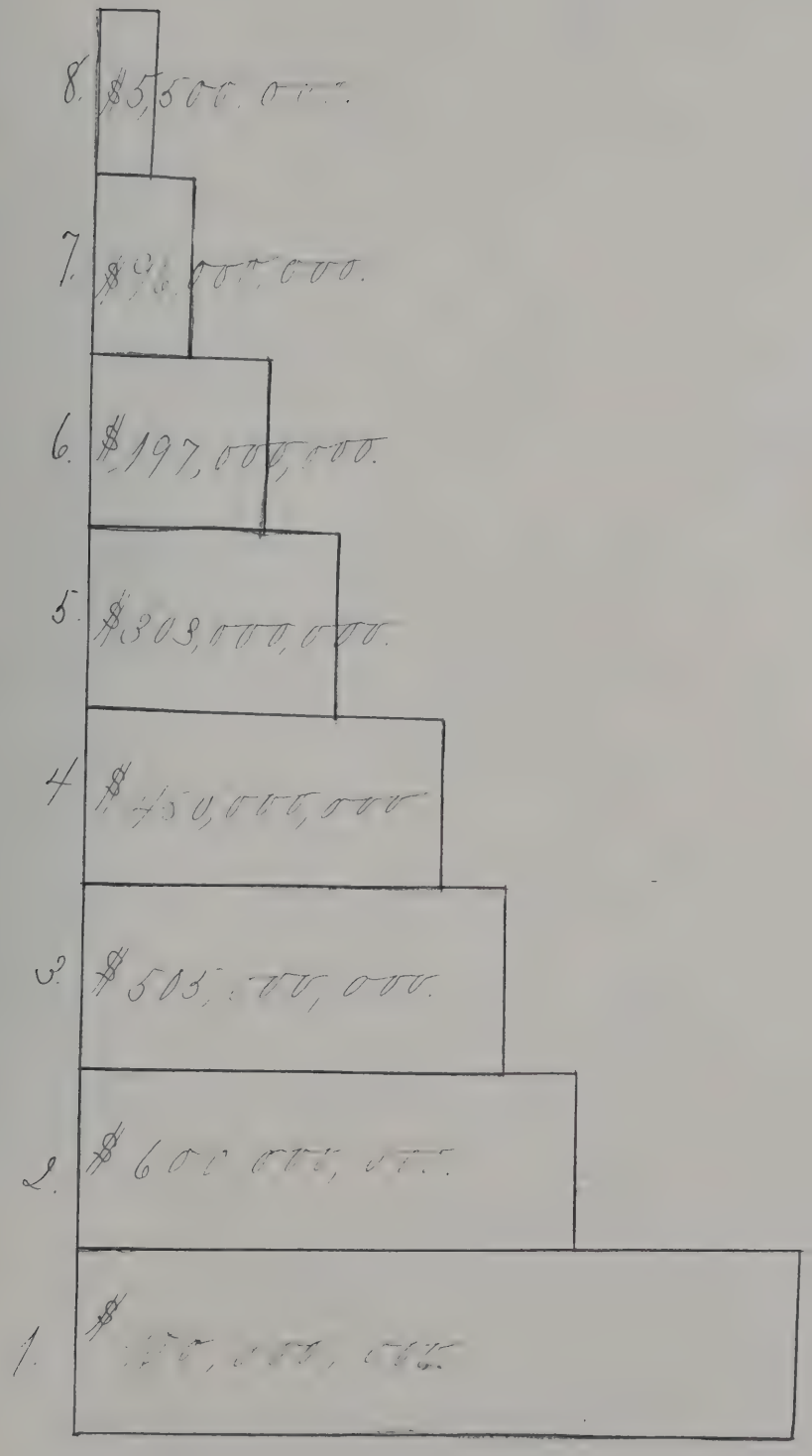
(1) shows the amount of money spent for liquor. (2) for tobacco. (3) for bread. (4) for cotton and woolen goods. (5) for meat. (6) for boots and shoes. (7) for public education and (8) for missions.

The needful articles are (3), (4), (5), (6), (7), and (8).

(1) and (2) are useless. About fifty-six million

dollars more is spent for needful things than for tobacco and and liquor.

The result of this waste of money is poverty, crime and disease.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Explanation of Diagram.

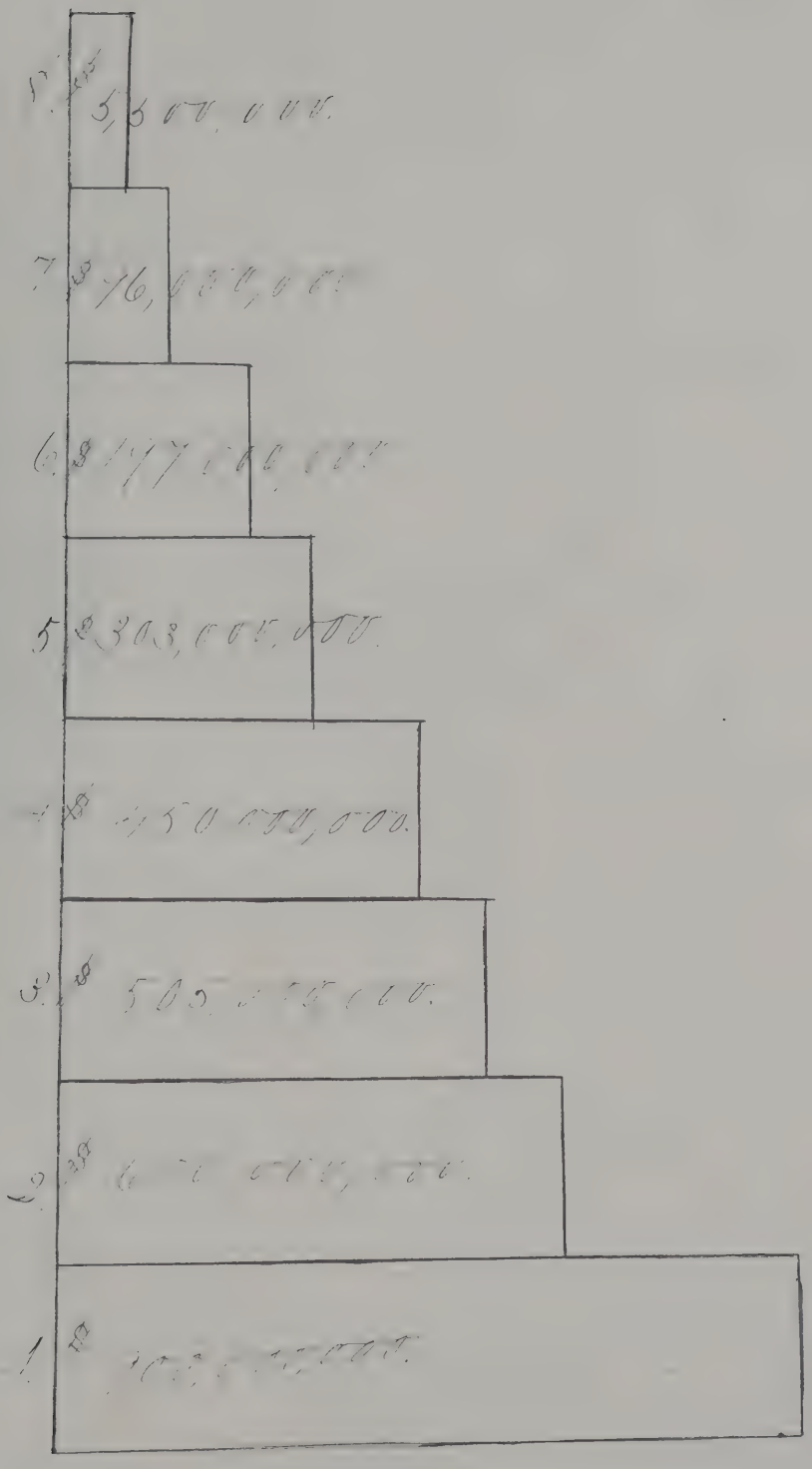
This diagram is to show how much money is spent for liquor, tobacco and needful articles.

(1) shows the amount of money spent for liquor; (2) for tobacco; (3) for bread; (4) for cotton and woolen goods; (5) for meat; (6) for boots and shoes; (7) for public education and (8) for missions.

The needful articles are (3) (4) (5) (6) (7) and (8).

(1) and (2) are useless.

About fifty-seven
hundred dollars more as your
for useful things than
for tobacco and liquor.
The result of this waste
is poverty, crime and disease.



Explanation of Diagram.

This diagram is to show how much money is spent for liquor, tobacco and needful articles.

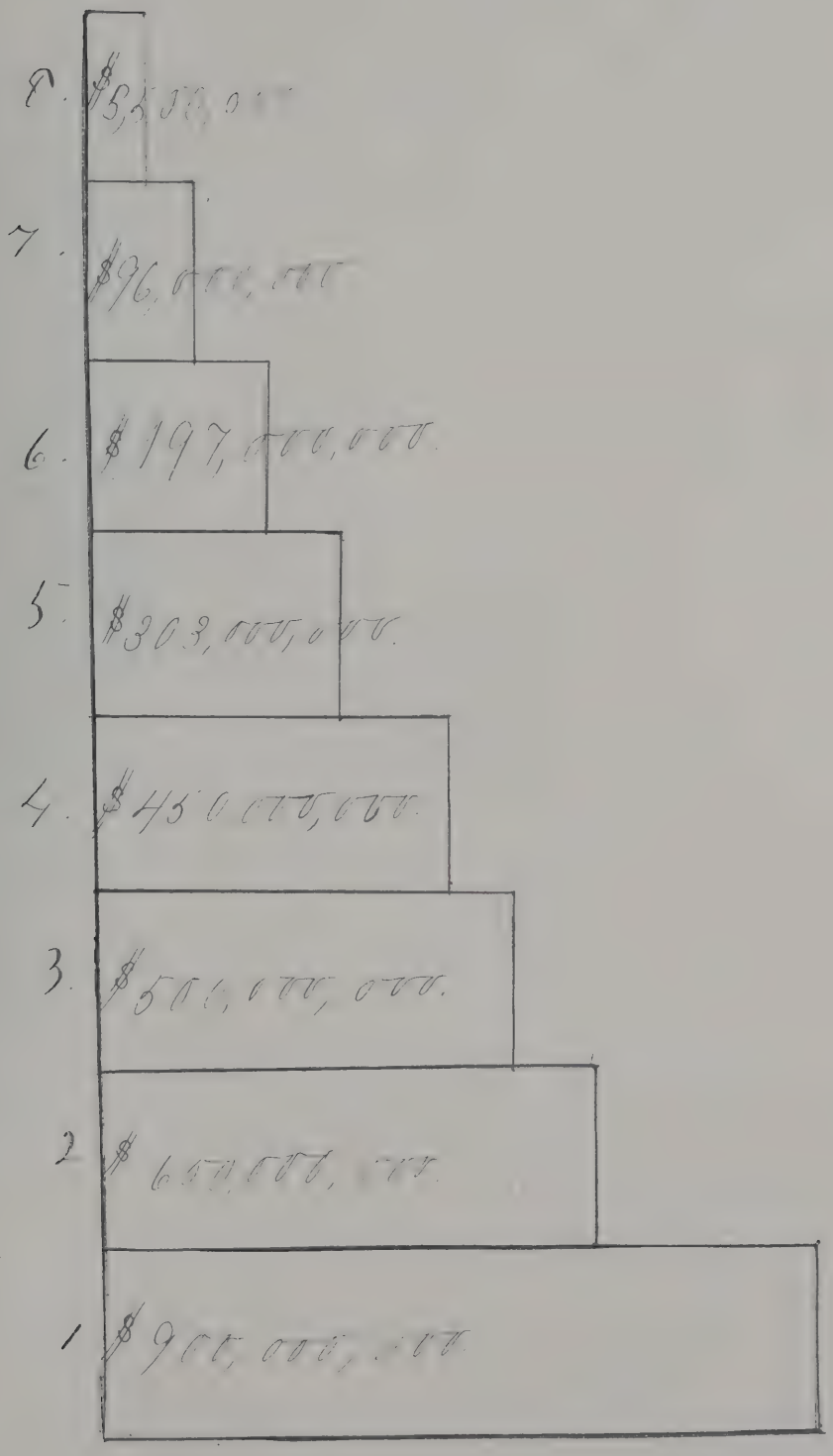
(1) shows the amount of money spent for liquor, (2) for tobacco, (3) for bread, (4) for cotton and woolen goods, (5) for meat, (6) for boots and shoes, (7) for public education and (8) for missions.

The needful articles are (3), (4), (5), (6), (7) and (8)

(1) and (2) are useless.

About fifty-six million dollars more is spent for needful things than for tobacco and liquor.

The result of this waste of money is poverty, crime and disease.


8.
7.
6. $197,000,000.
5. $303,000,000.
4. $450,000,000.
3. $500,000,000.
2.
1. $900,000,000.

Explanation of diagram.

This diagram is to show how much money is spent for liquor, tobacco and needful articles.

(1) shows the amount of money spent for liquor, (2) for tobacco, (3) for bread, (4) for cotton and woolen goods, (5) for meat, (6) for hats and shoes, (7) for publication, education, and (8) for missions.

The needful articles are (3), (4), (5), (6), (7), and (8).

(1) and (2) are useless.

About fifty-six million dollars more is spent for

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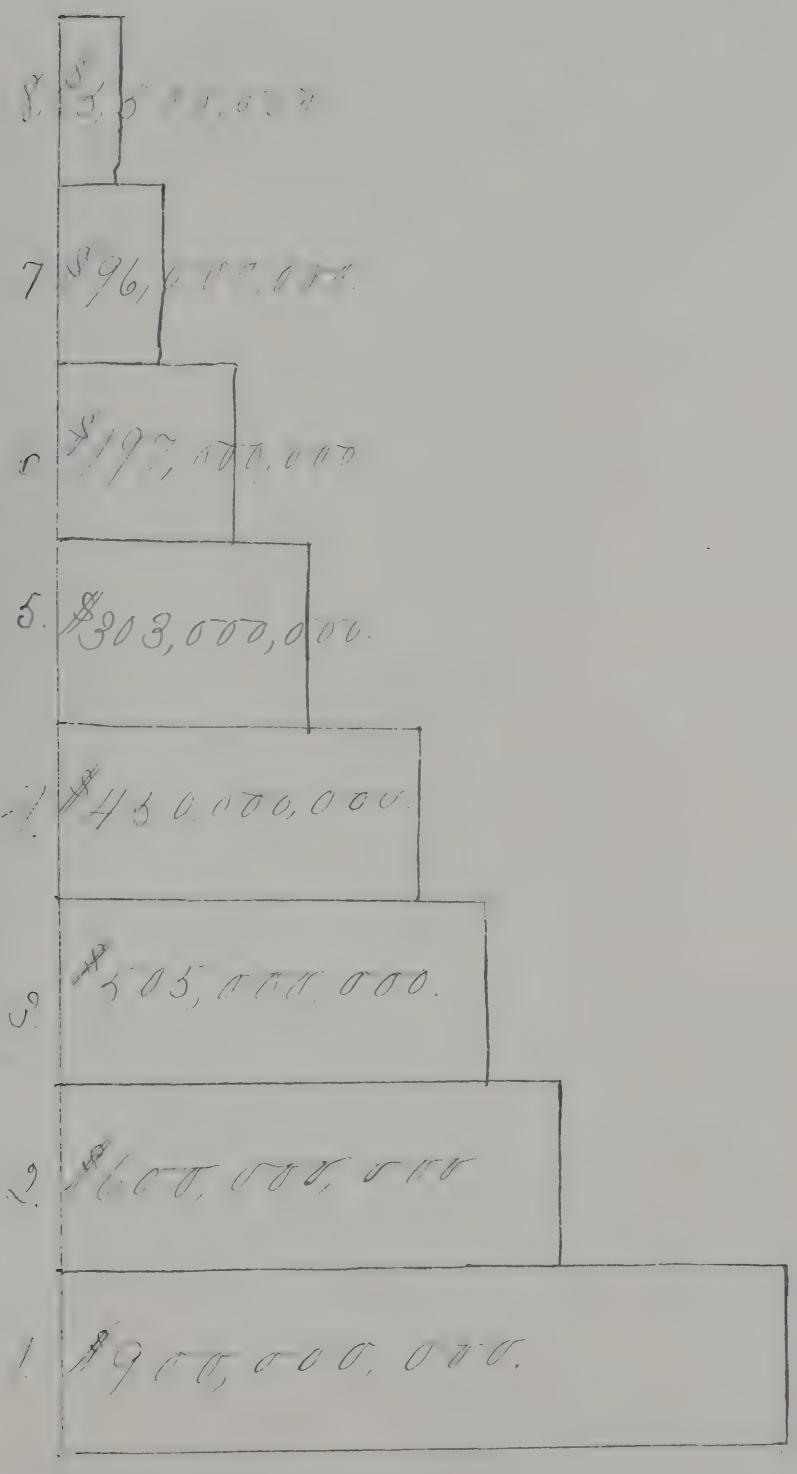
$303,000,000.
$430,000,000.
$705,000,000.
$900,000,000.

Explanation of Diagram

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The needful articles are (3.), (4.), (5.), (6.), (7.), and (8.).

(1.) and (2.) are useless.

About fifty-six millions dollars more is spent for

needful things than for tobacco and liquor.

The result of this of money is poverty crime and disease.

Explanation of Diagram.

1. The purpose of the diagram is, to teach the amount of money spent for useful and useless articles.

2. The facts shown are, that too much money is spent each year for liquor and tobacco.

3. The useful articles are, bread, meat, woolen goods, cotton goods, boots and shoes, education: which we have numbered, 3, 4, 5, 6, 7, 8.

4 The useless articles are, liquor and tobacco: which we have numbered, 1, 2.

5. The comparison shows that, 17½ times as much money is spent in the United States, for liquor and tobacco as for public education.

6 This large waste of money leads to poverty, and drink causes suffering.

Grace M. Brown.

Third Year of Study

The Senses

1. Our eyes will be injured by putting books up to your eyes. Reading when your lying down, and looking cros-eyed.
2. When you get specks in your eye, you pull your eye-lid down over your eye and the tears will wash it down.
3. The out-side of your ear is to catch the sound and talking.
4. The hearing part is in-side of the ear.

5. The nerve sends the brain a message.

6. The tips of your fingers are thinner than the back of your hand.

7. The nerve carries a message to the brain and tells it sugar is sweet when it is on your mouth.

8. The nerve on your nose sends a message and tells about the odors.

9. To have right senses we must not eat tobacco and drink alcohol.

Alcohol will dull
the senses.

Avery Rollins.

7.

8.

9.

10.

11.

Laws of Life

The Laws

1. You may hurt your eyes by using in a dim light and you may hurt your eyes by reading long and by reading with a light in front of you

2. When you are reading you should not let your head fall down but you should hold it up and the book up

3. You should not read

Circle one

4 The beverage found
of the one we chose
with is the drink

5 Have a conversation
the one that comes
next to you and
and tell it what
the word is.

6 You can tell both
with type of your finger
for they are both the
the top of the heart.

7 One means taste
tells the drink the
sugar is sweet.

8 The more flavored

use the nose and that tells the brain what the odor is.

9. We must never drink any thing with alcohol or eat tobacco and we must never run and play too much and we must do good work and learn and always try it

10. Alcohol and Tobacco will put the nerves to sleep and by and by will bring misery.

11 I will tell you again will not you never drink Alcohol or Tobacco

Third Year of Study

The Senses

1. Our eyes may be injured by reading with a light in front of us and laying down.

2. When specks get in our eyes we should lift up the upper lid.

3. The outside part of the ear is to catch the sound so that it will touch the drum.

4. The hearing part in the drum it is about an inch into the head.

5. The brain knows about the sound because when the nerve touches the drum, the nerve of the ear carries it to the brain.

6. We can touch better with the tips of our fingers because the skin is thinner than on the back of the hand.

7. The tasting nerve carries the message to the brain that sugar is sweet.

8. The smelling nerve carries the message to the brain which things smell good and which bad.

9. We should keep our brain kept good, so to keep our senses in good condition.

10. Alcohol and Tobacco will deaden the senses.

11. If we hunt our senses we would not enjoy things so much.

John Alden

Rule List
Be Sure

1. Be sure you get baptized by
2. Rite your life to avoid get
3. Be mark of Heaven
4. Always put to on the
5. Never the book of the
6. The life of your prayer the

7. The vapour in the mouth
till the heart is cool.
8 The vapour on the nose
till the head is cool
9 We must observe the same
10. Alcohol and water the
same
11 It depends on the blood
with this our heart is right
Mr D Sinclair

Third Year Studies.

The Senses.

1. If you look at the sun, shut one of the eyes and cover the other eye with the hand.

2. You must pull down the upper lid and shut your mouth, when you sneeze.

3. The outside part of the ear is to keep the sound in more.

4. The hearing part is in front.

5. The nerves are what tell the brain.

6 Mend butter on
the tips of our fingers
because the skin is thinner.

7 When anything is
sweet thanks of the
mouth go up and tells
the heart.

8 Because Adam could
give up the world and
tells the heart.

9 Moment, Afraid
never leave.

10 Mortal and Solace
Wisdom, Old Heart.

11 At Afraid, or care
Heart, Mother are Love
friendship and comfort.

Mary Abbott

Test Exercise

1 Write a paragraph about your favourite type

2 Write down your weekend activities

3 Write a letter to your friend

4 Write a paragraph about your favourite

5 Write a letter to your friend

6 Write a paragraph about your favourite

7 Write a letter to your friend

How We Hear

1. Sounds may be carried if we read when the lips go to and from or if we read with the lamp in front of us

2. When anything goes into the ear, all the air rushes down over the bottom and keeps it down a long time.

3. The outside ear is to catch the sound.

4. The hearing part is called the drum.

5. The brain hears when the nerves hear the sound; it carries a message to the brain and

the Indians used Tomahawks back to the wounded men left behind.

6. We feel bitter at the tips of our fingers when it is time to go to bed.

7. Sometimes we make mistakes that we cannot correct.

8. We write on ruled paper all about the cows.

9. To have a warm night to keep us from cold.

10. Mrs Ireland & Miss will teach us Phonetics.

11 If we did not have good exercise we could not know what we were doing.

Blanche Carpenter.

Third Rule of Study
The Bible

1 Never read a book lying down, or read when the surroundings do not lead with it what is in front of you.

2 Always study with your eyes, pencil, and thoughts all about you.

3 Have a definite object in view.

4 Think over what you read.

5 Never let your mouth take what it is not sure.

6 Freedom dithers
on the fingers and thumb
a more nervous than any
other face.

7 Showing the ear
sends a message to the brain

8 Showing our mouth
tells the brain that it is not
sweet smelling.

9 A man's high cheek bones
strong and not fat and up
turning that has alcohol
in it.

10 Alcohol and Tobacco will
never shrink.

11 Would not have any
pleasurable feeling

Your servant
William Webb

Lesson Study

The Senses

1. A person with bad sight may find it hard and if you read in low light or dim light you may find it hard to see things
2. When we get electric energy we can see things
3. Our skin is how we feel touch
4. Our ears help us hear
5. Our nose helps us smell

we will have to put
up there
Shashe Ekuntz Brighton

stories concerning it with which they are

Sickness or idleness will make the

First Year

Exercise Enjoyment as it should be presented to the Children as an outfit for deep Thought and Consideration When a Child at five years of age first begins school he has to Gain knowledge whatever of his reality or the Function of its Visual Organs - All that he learns is what has been taught him by the Parent - In short the knowledge of a child five years old is entirely the reflected Knowledge of his mother and it is only when he begins his school life that he learns to think for himself - First Children of Mature years it is very necessary to deal with facts

from such certain effects are the natural result — But little children facts are simply words conveying to the child mind no definite knowledge of the object — they must see in order to know and what better objects than the very bodies can be placed before them —
In beginning a class of little children in the science of temperance it must be taken for granted that they are wholly ignorant of your subject, and the result which you are trying to accomplish. Many children do not grow beyond the parts of the external frame and are wholly ignorant of such as you

as the least of the things they must learn about these things and be fed in as few words and as simple as possible why and for what purpose these portions of the system body was created - Without this knowledge it would be utterly useless to attempt to educate the harmful effects of alcohol and its kindred poisons -

We have found from putting the minds of little people / our little ones age child learn about good food and its effect upon the human system also the deleterious effect of impure food and impure drink or Eating. Before proceeding to Mention

Above all we tell them what they and how they should eat Fruits carefully mention only such which is wholesome easily prepared in a proper way and their names. At first it was quite surprising to me how many children regularly had tea and coffee to drink which things they should understand are not good for little people and if they drink them they will not grow strong tall and strong.

When the child has a clear concise and perfect knowledge of the right principles which govern his body it is then and only then that the artist of

about — may it abhorred
do not frighten the child
at the sight of it — The
little mind is very imperfectly
developed even after several
months actual "dancing"
it is far "preferable" if again
"mildly" and with each
succeeding year enlarge upon
the known and gentle
results resultant from the
use of spirituous liquors.
At once a true child can
understand what wine, beer
and cider are "bad drinks"
so he expresses it and will
hurt him and injure the
physical growth of his body
the relation of the effect
upon the mental and
moral powers that it is

Wholly beyond the comprehension of primitive childhood and should not be touched upon until the child's mind is perfectly able to grasp it. The mind of a little child is very receptive and the influence of the teacher almost unbounded and as the little mind grasps so readily and receptive to the instruction of early childhood so this instruction should be the result of the most careful thought.

I have heard many men and women say "I shall never forget my first teacher for the things she taught me but as they grow older

7

it is to teach these men and women to tell them nothing but the best things and instil into their fair minds the first seeds of truth which shall ripen each year and yield good fruit.

Bessie C. Spaulding

Plan of Study

Nellie H. Parsons, teacher

Plan of Scientific Temperance

The lessons to be very simple and given in the form of stories or talks.

I. Parts of the Body

(Name and touch each & very briefly describe.)

a. Head.

1. Face

Forehead — eyebrows — eyes — cheeks — mouth — jaw —

2. Crown

Backpart — temples — ears — brain.

b. Neck

Throat — nape.

c. Trunk.

2. Head.

1. Chest.

Breast - back

shoulders.

2. Abdomen.

Loins - hips.

1. Extremities.

Upper extremities.

Upper arms -

elbow - forearm - wrist - hand.

Hand.

Palm - fingers

thumb.

2 Lower extremities.

Thigh - knee -

leg - ankle - foot.

Foot.

Neck - back -

face - mouth - bottom - ball.

I. Front.

Lower extremities

uses of food and drinks,
followed by a discussion of
good and bad foods and
drinks.

Lesson on alcohol.

What it is; in
what form it is taken into
the body; general results of
its use.

II. Movement and
drink.

Lesson on the function
and work of the organs; the
mouth — gullet — stomach —
and intestines.

IV The Blood.

Of what use to
the body; how made; uses
of good and bad food and
drinks upon the blood.

V. Respiration.

V Respiration.

Purpose of the respiratory system. (Taking oxygen into the body by the action of the blood passing through the body to the lungs, from periphery, back over the body); need of fresh air, and how it can be obtained by ventilation; effect of alcohol upon the blood.

VI Rest and Exercise

Need of sleep, rest and exercise; the different kinds of exercise; the best kinds.

VII The Five Senses

Course of Study.

Public Home Teacher

Bureau of Scientific Temperance

The lessons to be very simple and given in the form of stories or talks.

I. Parts of the Body.

(Name and touch and tell a very brief description).

a. Head.

1. Face.

Forehead — eyebrow — eyes — nose — cheeks — mouth — jaw — chin.

2. Brain.

Backpart — temples — ears — hair.

b. Neck

Throat — nape

c. Trunk.

1. Chest

1. Abdomen.

Breast - back -

shoulders.

2. Abdomen.

Lower - hips.

d. Extremities.

1. Upper extremities.

Upper - arm -

elbow - fore - arm - wrist - hand.

Hand.

Palm - fingers.

thumb.

2. Lower extremities.

Thigh - knee - leg -

ankle - foot.

Foot.

Heel - arch - toes.

- metatarsus - bottom - ball.

II. Food.

Lessons on the

need of food and drink.

followed by a discussion of good and bad foods and drinks.

Lesson on alcohol.

What it is; how what from it is taken into the body; general results of its usage.

III. Nourishment and drink.

Lesson on the digestive and nervous organs, the mouth — gullet — stomach — and intestines.

IV. The blood.

Of what it consists; how made; results of good and bad foods and drinks upon the blood.

V. Respiration.

Why we breathe.

(telling experiments by the story of the blood passing through the body to the lungs, then purified, sent back over the body); need of pure air, and how it may be obtained by ventilation; effect of alcohol upon the blood.

VI. Rest and Exercise.

Need of sleep, rest and exercise; the different kinds of exercise; the best kinds.

VII. The Five Senses.